

# THE MILFORD MAILER

A Monthly Post from the Milford Senior Center

**APRIL 2023**

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105 S. B St., Milford, NE 68405      P/O Box 374

CENTER HOURS: 8:00-4:00 Monday—Friday



**The Milford Senior Center is open!**

An Activities Calendar is included to help you pick and choose what you would like to participate in.

**HAVE YOU HEARD?? THE MEALS BEING SERVED ARE GREAT**

And anyone in the community is welcome!

Join us at 12:00 pm Noon

Reservations for the meal **MUST** be received by 4:00 pm the day prior for delivery.

The answering machine is available for meal requests also.

## **\* IMPORTANT MEAL INFORMATION\***

### **DUE TO THE INCREASE IN SUPPLIES...**

**Seniors 60 and Older:** \$6.00 SUGGESTED CONTRIBUTION for regularly scheduled meals.

**Under 60 Guests:** \$7.00 Fee

**All To-Go Meals:** \$7.00 Fee

**Birthday Meal:** \$6.50 SUGGESTED CONTRIBUTION (Meal ticket will NOT be used)

Meals will be provided by Great Western Dining (SCC) Monday through Friday.

When SCC is not in session, meals will be provided by various local restaurants and also prepared at the Center.

If you have ANY questions at all, please contact Amy at (402)761-3367.

## **THE ELEVATOR IS WORKING!**

After a very difficult and frustrating process, the elevator has been completely **repaired**! Schumacher Elevator Company made multiple trips to Milford to resolve the issues and now has **full confidence** in the **safety** and **function** of our elevator.

If you have ANY questions at all, please contact Amy.

**VOLUNTEERS ARE  
ALWAYS  
APPRECIATED AND  
ALWAYS WELCOME!**

**COFFEE & FELLOWSHIP**

Monday through Friday

8:00– 11:00

FRESH HOT COFFEE & TEA,  
PASTRIES AND OTHER  
TREATS, TIME SPENT WITH  
FRIENDS

Nutrition Ed**Wednesday**

April 12 12:30

*Presented by Jill Engel***Anti-Inflammatory Diet****BOARD GAMES**

Thursdays 1:00

**PITCH**

10 Point Pitch

**Tuesdays 1:00****Beginners****Welcome!**

Come give it a try!

**Video Exercise Class**

Fridays 10:30

This is a group video class that  
will be gentle and low impact.  
Everyone is welcome!

**BINGO**

Hosted by SUSAN TRABERT

**WEDNESDAY April 5 12:45****Yoga Classes**

Led by Kelly Haney

**Adapted Yoga**

Mondays 9:00am

This class is for everyone; if you would like to try Yoga  
or you already attend another class!

**Assisted Yoga**

Wednesdays 9:00 am

Previously called Chair Yoga, this class focuses on  
balance and muscle strengthening. This is a great  
starter class!

**Next Level Yoga**

Fridays 9:00 am

This class includes movement independent from a  
chair as well as possible ground work.

**MARK YOUR CALENDARS**

Wednesday March 22 BIRTHDAY DAY CELEBRATION

Please join us for a Ham Balls meal catered by Pizza Kitchen.

Our Birthday cake will be provided by Jess McCullough.

Entertainment will follow the meal!

**You MUST sign up the Tuesday before, to be included in this meal count.**



## April Birthdays



## POTATO BAKE

Wednesday, April 19

**11:00-1:00**

Loaded Baked Potato, large Salad Bar  
and Homemade Desserts!

ONLY \$7.00 per person

### THIS IS VOLUNTEER RUN

Your participation is very appreciate AND necessary.

**Amy will be at training for this event this month so  
this will be completely volunteer run!**

Please, if you would sign-up at the Center we will  
know you are coming. **THANK YOU**

## NATIONAL VOLUNTEER WEEK

April 17-21

### MONDAY

Homemade Cinnamon Rolls with Coffee in the morning

### FRIDAY

Volunteer Breakfast

9:00 am

Scrambled eggs, biscuits and gravy, sausage & fruit

**ALL WHO VOLUNTEER ARE WELCOME**

### SHARE YOUR IDEAS & ADD TO THE FUN!

If you have a new idea for activities or events that  
could add to the Milford Senior Center, please cut  
this section or email the Center with your ideas,  
[MilfordNESeniorCenter@gmail.com](mailto:MilfordNESeniorCenter@gmail.com).

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You are invited to our

# ANNUAL CAREGIVER RETREAT

Join us for a half-day of relaxation and renewal

Pizza Kitchen in Milford

April 26

10 a.m.-2 p.m. (lunch provided)

Gear up for some informative presentations and enjoy some delicious food and fun prizes while taking time to recharge

## **Who is a caregiver?**

care·giv·er

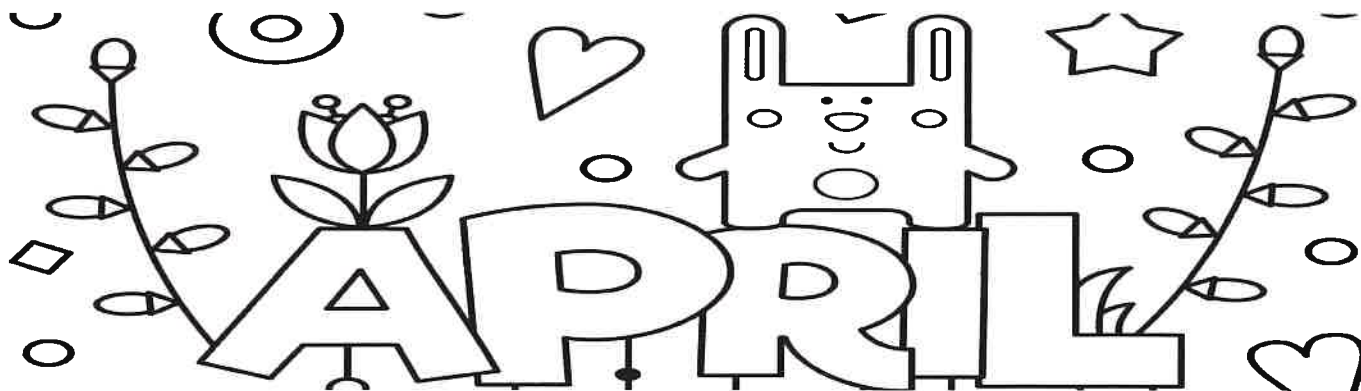
**/a family member or paid helper who  
regularly looks after a child or a sick, elderly, or disabled person**

Registration must be made by April 21st

by calling: **402-761-3593**

Or by email: [sshaw@lincoln.ne.gov](mailto:sshaw@lincoln.ne.gov)

**SPONSORED BY SEWARD COUNTY AGING SERVICES**



## Seward Aging Services Article

April is National Volunteer Month. This month is dedicated to honoring all of the volunteers in your communities as well as encouraging volunteerism throughout the month. National Volunteer Month was established in 1974 by the U.S. government, today it's organized by Points Of Life, the worlds largest organization dedicated to volunteer service. National Volunteer Week is April 16-22-the theme is: United We Serve. There are 63 million volunteers in the U.S. that give up 9 billion hours annually, that amounts to \$269.55 billion in volunteer hours. Volunteers at our senior centers contribute to the success and viability of their communities. Volunteers are always welcomed at the Milford, Seward and Utica Senior Centers.

**VOLUNTEERS ALWAYS NEEDED—FOREVER APPRECIATED !!!**

Seward County Aging Services will have a booth at the Memorial Health Care Systems Health Fair on Wednesday, April 5<sup>th</sup>. The theme is "Don't Fool Around with Your Health". The health fair is from 5:30 a.m. to noon. We will have Bone Density testing at the booth starting at 8:30-noon for anyone 60 and older. There will be information on services and programs through our office and Aging Partners will also be at our booth.

Seward County Aging office has free COVID home test kits available, you can stop in at our office at the Milford Senior Center or call Kathy or Sandy at 402-761-3593 to get one.

**Thought for the Month: May your day be filled with good thoughts, kind people and happy moments!**

### TAI CHI CLASS

Thursdays  
10:00



**IT'S BACK!**

### Resistance Band Class

Join us for a seated, strength building class led by Sandy Shaw.

Wednesdays, 10:00 am



The Milford Senior Center has a new Facebook Page!

### Milford Senior Connections



Make sure you click "**Like**" and join in the conversations.

Updated information and schedule changes will be posted here!

If you have any questions on how to find it or if you need assistance joining Facebook, just call or email.





**“The promise of  
spring’s arrival is  
enough to get  
anyone through the  
bitter winter,,**

**–Jen Selinsky**

Wilmford Senior Center  
105 S. B Street  
Wilmford, NE 68705

